

# Nutrition Education Materials Order Form

These materials are available from:

**Alaska Department of Health & Social Services  
Office of Children Services-Nutrition WIC  
P.O. Box 110612 Phone: 465-3100  
Juneau, AK 99811 Fax: 465-3416**

Some available in English (Eng) and Spanish (Sp).  
**Attention: LOCAL AGENCIES ONLY! All the items are  
bundled by 25, 50, and 100. Please indicate how many  
pads/packs/ bundles you need. Posters can be ordered  
individually.**

Date: \_\_\_\_\_ Local Agency # (required) \_\_\_\_\_

Send To: \_\_\_\_\_

\_\_\_\_\_

Phone: \_\_\_\_\_ FAX: \_\_\_\_\_

Attention: \_\_\_\_\_

## \*\*\* Nutrition Education Materials \*\*\*

### Pregnancy

Sp.	Eng.
_____	50/pkg <b>Daily Food Guide for Pregnant &amp; Breastfeeding Women</b> (Spanish on back)
_____	50/pkg <b>Eating for Two</b>
_____	50/pkg <b>Folic Acid for a Healthy Return</b>
_____	10/pkg <b>Gestational Diabetes &amp; You</b>
_____	25/pkg <b>How to Have a Healthier Baby-Tips for Pregnant Teens</b>

### Breastfeeding Tear-Off Sheets

Sp.	Eng.
_____	50/pad <b>Breastfeeding</b>
_____	100/pad <b>Breast milk Collection &amp; Storage</b>
_____	100/pad <b>Breast Engorgement</b>
_____	100/pad <b>Burping a Baby</b>
_____	100/pad <b>Getting Ready to Breastfeed</b>
_____	100/pad <b>Go Back to Work &amp; Continue to Breastfeed. Yes, You Can!</b>
_____	100/pad <b>How Breastfeeding Works</b>
_____	50/pad <b>How to Know Your Healthy Full-Term Baby is Getting Enough Milk</b> (Spanish not on back but available)
_____	100/pad <b>How to Tell If Your Baby is Hungry</b>
_____	100/pad <b>Positions for Breastfeeding</b>
_____	100/pad <b>Sore Nipple Management</b>
_____	100/pad <b>Starting a Feeding</b>
_____	100/pad <b>Waking a Sleeping Baby</b>

# Nutrition Education Materials Order Form

These materials are available from:

**Alaska Department of Health & Social Services  
Office of Children Services-Nutrition WIC  
P.O. Box 110612 Phone: 465-3100  
Juneau, AK 99811 Fax: 465-3416**

Some available in English (Eng) and Spanish (Sp).  
**Attention: LOCAL AGENCIES ONLY! All the items are  
bundled by 25, 50, and 100. Please indicate how many  
pads/packs/ bundles you need. Posters can be ordered  
individually.**

Date: \_\_\_\_\_ Local Agency # (required) \_\_\_\_\_

Send To: \_\_\_\_\_

\_\_\_\_\_

Phone: \_\_\_\_\_ FAX: \_\_\_\_\_

Attention: \_\_\_\_\_

## Breastfeeding Pamphlets

Sp.	Eng.
_____	_____ 50/pkg <b>Breastfeeding Getting Started in 5 Easy Steps</b>
_____	_____ 100/pkg <b>Loving Support – Busy Moms</b>
_____	_____ 100/pkg <b>Loving Support – Embarrassment</b>
_____	_____ 100/pkg <b>Loving Support – Encouragement</b>
_____	_____ 50/pkg <b>20 Great Reasons to Breastfeed Your Baby</b>
_____	_____ 50/pkg <b>What Moms Say About Breastfeeding</b>

## Breastfeeding promotion Items

Eng.

\_\_\_\_\_ 100/pkg **A Women May Breastfeed Her Child in a Public Place (Business card)**

\_\_\_\_\_ 50/pkg **Breastfeeding. Welcome here (Stickers)**

\_\_\_\_\_ 50/pkg **Businesses 7 Work Places Can Be Breast-Feeding Friendly (Info flyer)**

\_\_\_\_\_ **Breastfeeding! Everywhere You Go (Poster)**

## Infants

Sp.	Eng.
_____	_____ 50/pkg <b>Food for Baby's 1<sup>st</sup> Year</b>
_____	_____ 25/pkg <b>Making Baby Food</b>
_____	_____ 25/pkg <b>Ready, Set, Feed Me!</b>

# Nutrition Education Materials Order Form

These materials are available from:

**Alaska Department of Health & Social Services  
Office of Children Services-Nutrition WIC  
P.O. Box 110612 Phone: 465-3100  
Juneau, AK 99811 Fax: 465-3416**

Some available in English (Eng) and Spanish (Sp).  
**Attention: LOCAL AGENCIES ONLY! All the items are  
bundled by 25, 50, and 100. Please indicate how many  
pads/packs/ bundles you need. Posters can be ordered  
individually.**

Date: \_\_\_\_\_ Local Agency # (required) \_\_\_\_\_

Send To: \_\_\_\_\_

\_\_\_\_\_

Phone: \_\_\_\_\_ FAX: \_\_\_\_\_

Attention: \_\_\_\_\_

## Children

- Sp. Eng.  
\_\_\_\_\_ 50/pkg Constipation
- \_\_\_\_\_ 25/pkg Food for Preschoolers (An Ounce of Prevention)
- \_\_\_\_\_ 25/pkg Food for Preschoolers (Food Habits)
- \_\_\_\_\_ 50/pkg Food for Tots 1 to 3 Years
- \_\_\_\_\_ 50/pkg Helping Your Overweight Child
- \_\_\_\_\_ 50/pkg Sensible Eating During Childhood
- \_\_\_\_\_ 50/pkg Your Growing Child

## Food Guide Pyramid Sheets

- Sp. Eng.  
\_\_\_\_\_ 100/pkg Alaska Food Guide Pyramid
- \_\_\_\_\_ 100/pkg Alaska's Activity Guide Pyramid
- \_\_\_\_\_ 50/pkg Food Foundation for Fitness
- \_\_\_\_\_ 50/pkg Foundation for Fitness (Special Delivery)
- \_\_\_\_\_ 50/pkg Hot Food Facts for Cool Kids
- \_\_\_\_\_ 50/pkg The Food Guide Pyramid
- \_\_\_\_\_ 25/pkg The Vegetarian Food Guide Pyramid

## Special Needs

- Sp. Eng.  
\_\_\_\_\_ 50/pkg Feeding Positions: For the Child with Poor Muscle Control

## Nutrition Program Information

- Sp. Eng.  
\_\_\_\_\_ 100/pkg Accessing Nutrition Programs in Your Community (Healthy Alaskans Info Line)

# Nutrition Education Materials Order Form

These materials are available from:

**Alaska Department of Health & Social Services  
Office of Children Services-Nutrition WIC  
P.O. Box 110612 Phone: 465-3100  
Juneau, AK 99811 Fax: 465-3416**

Some available in English (Eng) and Spanish (Sp).  
**Attention: LOCAL AGENCIES ONLY! All the items are  
bundled by 25, 50, and 100. Please indicate how many  
pads/packs/ bundles you need. Posters can be ordered  
individually.**

Date: \_\_\_\_\_ Local Agency # (required) \_\_\_\_\_

Send To: \_\_\_\_\_

\_\_\_\_\_

Phone: \_\_\_\_\_ FAX: \_\_\_\_\_

Attention: \_\_\_\_\_

## Five a Day

Sp.	Eng.
_____	50/pkg <b>5 a Day Alaska Recipes</b>
_____	<b>*****5 a Day Recipe Cards: 50/pkg*****</b>
_____	50/pkg <b>Fruit Smoothie (Yellow)</b>
_____	50/pkg <b>Super Veggie Wrap</b>
_____	50/pkg <b>Tropical Blueberry Smoothie</b>
_____	50/pkg <b>Watermelon Blueberry Banana Split</b>
_____	50/pkg <b>Spaghetti Soup (Green)</b>
_____	50/pkg <b>Mashed Sweet Potatoes (Orange)</b>
_____	50/pkg <b>Macaroni with Tomatoes &amp; Broccoli (Red)</b>
_____	50/pkg <b>Quick and Easy Fried Rice (Blue)</b>
_____	50/pkg <b>Harvest Fruit Compote (Pink)</b>
_____	50/pkg <b>5 a Day the Alaskan Bush Way</b>
_____	25/pkg <b>5 a Day Stickers</b>
_____	100/pkg <b>Draw Your Favorite Fruit or Vegetable</b>
_____	20/pkg <b>Eat 5 Fruits &amp; Vegetables Everyday (low Literacy)</b>
_____	20/pkg <b>Eat 5 Fruits &amp; Vegetables A Day (general)</b>
_____	50/pkg <b>Energizing Tips for a Healthier Family</b>

## Five a Day 100/pad

Cont. Sp.	Eng.
_____	100/pad <b>Broccoli</b> (eat 5 a day)
_____	100/pad <b>Potatoes</b> (eat 5 a day)
_____	100/pad <b>Cabbage</b> (eat 5 a day)
_____	100/pad <b>Tomatoes</b> (eat 5 a day)
_____	100/pad <b>Berries</b> (eat 5 a day)
_____	100/pad <b>Carrots</b> (eat 5 a day)

## Vitamins/Minerals

Sp.	Eng.
_____	100/pkg <b>Calcium is Good for Your Bones &amp; Teeth</b>
_____	100/pkg <b>Iron for a Healthy Body</b>
_____	100/pkg <b>Nutrition Facts About Folate</b>
_____	100/pkg <b>Vitamin A Is Good for Your Eyes</b>
_____	100/pkg <b>Vitamin C Have Some Everyday</b>

# Nutrition Education Materials Order Form

These materials are available from:

**Alaska Department of Health & Social Services  
Office of Children Services-Nutrition WIC  
P.O. Box 110612 Phone: 465-3100  
Juneau, AK 99811 Fax: 465-3416**

Some available in English (Eng) and Spanish (Sp).  
**Attention: LOCAL AGENCIES ONLY! All the items are  
bundled by 25, 50, and 100. Please indicate how many  
pads/packs/ bundles you need. Posters can be ordered  
individually.**

Date: \_\_\_\_\_ Local Agency # (required) \_\_\_\_\_

Send To: \_\_\_\_\_

Phone: \_\_\_\_\_ FAX: \_\_\_\_\_

Attention: \_\_\_\_\_

## WIC Foods/Recipes/Cookbooks

Sp. Eng.  
 \_\_\_\_\_ 50/pkg Alaska Canned Salmon Recipes  
 \_\_\_\_\_ Per bk. Alaska WIC Cookbook (longer version)  
 \_\_\_\_\_ 50/pkg Beans  
 \_\_\_\_\_ 25/pkg Favorite WIC Recipes (shorter version)  
 \_\_\_\_\_ Per bk. Legume Pages  
 \_\_\_\_\_ 100/pkg Using WIC Foods  
 \_\_\_\_\_ Your Family Deserves the Best Foods  
 \_\_\_\_\_ Per pack Luman's Bean Recipes

## Food Shopping/Budgeting

Sp. Eng.  
 \_\_\_\_\_ 50/pkg Saving Money on Food: Tips for Alaskans

## Other Nutrition Materials

Sp. Eng.  
 \_\_\_\_\_ 25/pkg Action Guide for Healthy Eating  
 \_\_\_\_\_ 100/pkg Alaska Daily Food Guide  
 \_\_\_\_\_ 100/pkg Avoid Too Much Fat & Cholesterol  
 \_\_\_\_\_ 25/pkg Go, Glow, Grow (Activity Book/Preschool  
 Elementary Age Group)  
 \_\_\_\_\_ 50/pkg Plating it Safe  
 \_\_\_\_\_ 50/pkg To Be Healthy (coloring pages)  
 \_\_\_\_\_ 25/pkg The Alaskan Good Food Sailboat (coloring  
 Book)  
 \_\_\_\_\_ 50/pkg Tips on How to Cut Down on Fat

# Nutrition Education Materials Order Form

These materials are available from:

**Alaska Department of Health & Social Services  
Office of Children Services-Nutrition WIC  
P.O. Box 110612 Phone: 465-3100  
Juneau, AK 99811 Fax: 465-3416**

Some available in English (Eng) and Spanish (Sp).  
**Attention: LOCAL AGENCIES ONLY! All the items are  
bundled by 25, 50, and 100. Please indicate how many  
pads/packs/ bundles you need. Posters can be ordered  
individually.**

Date: \_\_\_\_\_ Local Agency # (required) \_\_\_\_\_

Send To: \_\_\_\_\_

\_\_\_\_\_

Phone: \_\_\_\_\_ FAX: \_\_\_\_\_

Attention: \_\_\_\_\_

## Dental

Sp. Eng.  
\_\_\_\_\_ 50/pkg Baby Bottle Tooth Decay  
\_\_\_\_\_ 50/pkg Snack Smart for Healthy Teeth

## Domestic Violence Prevention

Sp. Eng.  
\_\_\_\_\_ You Are Not Alone/One in Five (poster)  
\_\_\_\_\_ Children Learn by Example (poster)  
\_\_\_\_\_ The Power of Abuse & Neglect (poster)

## WIC Outreach

\*\*\* **UNLIMITED ORDER** \*\*\*

Sp. Eng.  
\_\_\_\_\_ 50/pkg WIC...Growing Healthy Families in Alaska  
(Brochure)  
\_\_\_\_\_ 50/pkg Income Guideline  
\_\_\_\_\_ Connecting Children with Good Nutrition  
(Poster)  
\_\_\_\_\_ Their Link for a Healthy Start (poster)  
\_\_\_\_\_ It's Easy to Apply (poster)

## Posters

Sp. Eng.  
\_\_\_\_\_ 5 a Day Adult  
\_\_\_\_\_ 5 a Day Kids  
\_\_\_\_\_ Alaska Food Guide Pyramid  
\_\_\_\_\_ And Justice for All  
\_\_\_\_\_ Before You Know It (folic acid)  
\_\_\_\_\_ Breastfeeding. Today's Way for  
Tomorrow's Good Health  
\_\_\_\_\_ Canned Frozen or Fresh (The Alaskan Way)  
\_\_\_\_\_ Folic Acid  
\_\_\_\_\_ We Can Think of 9 Good Reasons to  
Immunize  
\_\_\_\_\_ WIC Believes Breastfeeding is Best

## IMPORTANT INFORMATION

\*Camera-ready copies are available upon request for any materials we print. We can provide for you the ordering information (address, phone number, etc.) on those items we purchase elsewhere.

\*With the exception of Alaska WIC Agencies, all materials listed are limited to 25 copies per item per year, except posters and the limit are 2.